

# April

2020

## Physical Fitness at Home Calendar

### Physical Movement Everyday

Follow along to get movement every day!

YouTube or Google any exercise you are unsure of how to do.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keep moving your body, while staying at home!			1 Find a Hallway-Try these: Bear and Military Crawls, Crab Walks	2 Yoga Poses for Calmness: Child's Pose and Downward Dog	3 Body Weight exercises: Chair Dips and Push ups	4 Fun Times: Design a new dance routine to a favorite song
5 Practice your Star Jumps and High Knees	6 Circuit Day: Jumping Jacks Sumo Squats	7 While in place Pretend like: A bear is chasing you! (Every time you walk in the kitchen)	8 Find a Wall- Try these: Wall sits and Bridge Hip-Ups	9 Yoga Poses for Courage: Shark Pose and Warrior Pose	10 Body Weight exercises: Bicycle Crunch and Oblique Crunch	11 Fun Times: Invent a new active game to play, unplugged
12 Practice your Plank Jacks and Standing Oblique Crunch	13 Circuit Day: Speed Skaters Side lunges	14 While in place Pretend like: You are in a marching band Drum Corps. (After every call)	15 Find a Floor- Try these: Donkey Kicks and Plank Ski Hops	16 Yoga Poses for Balance: Tree Pose and Tigtrope Walk	17 Body Weight exercises: Plank and Side Planks	18 Fun Times: TV challenge, do Jumping Jacks every commercial.
19 Practice Your Starfish Crunch and Jack Knife	20 Circuit Day: Squat jumps Mountain Climbs	21 While in place Pretend like: You are swimming through pudding (Each time on FB)	22 Find a Hallway-Try these: Bunny Hops, Walk on toes, then heels	23 Yoga Poses for Energy Boost: Warrior and Crescent Lunge	24 Body Weight exercises: Glute Bridge and Fire Hydrants	25 Fun Times: Imaginary Jump Rope to the song Eye of the Tiger
26 Practice your Gorilla Shuffle and Frog Hops	27 Circuit Day: Arm Circles, large and small, both directions, Burpees	28 Pretend like: You are a body builder posing in a contest. All day 😊	29 Find a Wall-Try these: Wall run and Wall push ups	30 Yoga Poses for Strength: Upward Facing Dog and Low Side Plank		